



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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Frozen while fresh, then shipped whole or filleted, inland cities will see oftenest during the Lenten season, lake herring and trout; yellow perch, whitefish, and blue pike; sauger, smelts, swordfish; and fillets of cod, halibut, haddock, pollock, and that newcomer, the rosefish.

Properly prepared (remember, says the Fish and Wildlife Service, United States Department of the Interior, only the whole frozen fish needs a softening out period in the refrigerator; fillets are ready, "as is," for fixing), it is impossible to tell fresh from frozen fish after cooking--odor, flavor, and texture are identical. Ask your dealer always about the best ways to serve these various fish for table--but, as supplementary suggestions, here are some tested recipes:

Cold Pike Loaf

2 cups flaked cooked pike
1/3 cup soft bread crumbs
1/4 cup melted butter or
other fat
1/4 tsp. salt

Pepper to taste
2 tbsps. minced parsley
2 eggs, well beaten
Mayonnaise

Combine fish, crumbs, butter, seasonings, and parsley and blend. Fold beaten eggs and steam in a greased mold for 1 hour. Chill and serve with mayonnaise. Serves 4.

U. S. Regional Cook Book

French Fried Smelt
(The recipe of a veteran fishing guide)

1 pound smelt	Salt and pepper
1 egg	1 tbsp. cream
1/2 cup cracker meal	

Remove small scales of smelt with a sharp knife. Slit the fish and remove the entrails, and then remove silver lining from stomach by grasping with the thumb and index finger. After the smelt are cleaned, place in salt water overnight. When preparing the smelt dip in beaten egg to which salt, pepper, and cream have been added and roll in cracker meal, flour, or corn meal. Then fry in hot deep fat (370 degrees F.) until golden brown, 3 to 5 minutes. Serve with Tartar Sauce. For 2.

U. S. Regional Cook Book

Baked Fish, Shrimp Stuffing

4 pounds fish (lake trout, whitefish, etc.)	4 tbsps. bacon fat
1 cup shrimp, finely cut	4 tbsps. tomato catsup
1/2 cup celery, chopped	2 cups broken bread or crumbs
1 small onion, finely chopped	6 slices bacon
	Salt and pepper
Flour	

Cook the onion and celery slowly in the bacon fat. Add catsup, shrimp, and bread or crumbs. Mix well together and stuff fish. Sew together and dredge with salt, pepper, and flour. Lay slices of bacon on fish. Bake in hot oven for 45 minutes. covering the pan the last 30 minutes.

Codfish Cakes a la Triggs

1 lb. box salted codfish	1 egg
7 or 8 medium-size potatoes	

Cut codfish across grain into about 1/2-inch pieces, pick pieces apart, place in skillet and cover with hot water. Stir, bring to boiling point, then drain. Repeat this process two or three times. After final draining, cover with cold water and let come to a boil. Change water, let come to a boil again, and simmer for a few minutes. Boil and mash potatoes, drain codfish, and mix with mashed potatoes, using wire masher. When thoroughly mixed, add 1 well-beaten egg, and continue to beat with fork. Take a tablespoonful of this mixture at a time and drop into deep fat, or into frying pan with fair amount of fat. Serves about 5 portions. To get best results, use freshly mashed potatoes. It takes less time to prepare the fish than to boil the potatoes unless they are cut into small pieces.

Planked Halibut

2 lbs. halibut steak 5/8 in. thick	1 tbsp. grated onion
4 tbsps. melted butter containing	Cooking oil
1/4 tsp. pepper	Salt

Put the cold plank into a cold oven and gradually preheat oven and plank to 450 degrees to 500 degrees F. Make a salt solution in the proportions of 2 tbsps. salt to 1 cup cold water. Soak the steak in this solution for 3 minutes, drain, and thoroughly brush with cooking oil. Remove plank from oven, oil it thoroughly and place fish on plank, sprinkle it with grated onion and return plank to top rack of oven. Cook for 15 to 20 minutes, basting once or twice with the butter-pepper dressing. Remove from the oven, make an ornamental border around the steaks, of mashed potato, return to the oven and cook until this is brown, garnish to suit taste. Thin slices of lemon and parsley are suggested for this purpose.

Facts--The Key to Progress

Fish Crispies

1 tbsp. onion juice	1 tsp. poultry seasoning
2 pounds fish--fillet of haddock, cod, whitefish	Salt and pepper to season
1 1/2 cups fine, soft bread crumbs	3/8 cup milk to mix dressing-- more if crumbs are drier
1 tbsp. melted butter or fat	

Wipe the fish with a cold, damp cloth and cut in servings. Salt lightly. Place on a greased baking pan. Mix the other ingredients to form a dressing and place a mound on each piece of fish. Sprinkle the fish and dressing with finely chopped bacon and bake in a hot oven (450 to 500 degrees F.) until fish is done. This should not take over 10 minutes, if the fish is not over one and a half inches thick. The dressing and bacon will brown nicely in the same time. Serve with a Tartar sauce, if wished. Serves 5.

100 Tempting Fish Recipes

Baked Fish and Pineapple

Line a greased casserole with sliced or cubed pineapple (drained). Add 2 cups of cooked, flaked fish--whitefish, haddock, or salmon suggested--mixed with 3/8 cup of cream. Season with salt and pepper. Beat together 1 cup of mashed potatoes, 1 beaten egg, 2 tbsps. of milk and a dash of paprika. Place this on top of the fish mixture. Bake in a moderate oven till hot and brown. Top with grated cheese just before removing from the oven. Fresh fillets may be used and, if so, the cooking time will be a little longer. Serves 6.

100 Tempting Fish Recipes